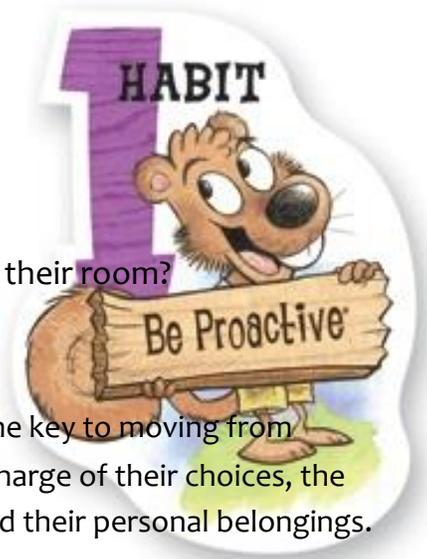


Habit 1 - Be Proactive



Are you tired of reminding your child to do their homework? Clean their room?

Wouldn't it be great if they just did it on their own?

Habit 1 is Be Proactive - "I am in charge of me." This Habit is the key to moving from dependence to personal responsibility. This means that children are in charge of their choices, the consequences of those choices, how they respond in every situation, and their personal belongings.

Ways to apply at home:

Allow choices: Would they like the blue plate or the yellow; would they like to go to bed now or in 10 minutes; would they like to read or do a puzzle? It doesn't matter how large or small the choice, because practice matters. They can begin to take charge of what is going on in their own life.

Set clear expectations, and then let them succeed. Have you ever been frustrated by an assignment you were expected to complete without clear instructions? It can feel the same to your kids. Even if you have done this before, review and clarify. Where does their backpack go when they get home? How about their shoes or their coat? When you talk about a clean room, what does that look like? Is the bed made? Laundry put away? (Make sure your expectations are appropriate for your child's skill level.) When does the task have to be completed by? This should always be discussed in a calm tone and in a cooperative manner. If the child forgets the first few times, resist the urge to remind them, wait until the agreed upon completion time, then ask if they forgot the agreement? Remind them **right then** that they are in charge of their item/space, and you are counting on them to take responsibility for that. **Be Proactive!**

Let them be Center Stage of their own life. Each of us is writing the script of our life. Role-play with your kids: Put them in a situation where they don't get to do something that they want to do or someone calls them a name or teases them or they forget their homework. What words or actions can the child choose to use? Explore both positive and negative situations and talk about likely outcomes of both choices.

Words to use:

"Would you like ____ or ____? That's a really good choice!"

"Thank you for being proactive and putting your coat away."

"Did you remember to 'stop and think' before you responded that way? What might have been a better way to respond?"

"It sounds like you have a problem. What do you think you could do about it?"

When you see your child being proactive this week, please fill out and return the bottom of this handout by Monday, October 12th. Your child will be rewarded by his/her teacher.

My child, _____, was proactive this week.
Student Name

Proactive Action: _____

Parent Signature

Date

